



Adult Food Chart

Missouri Department of Health and Senior Services
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size
Breakfast	Fluid Milk ¹	1 cup
	Juice or Fruit or Vegetable	1/2 cup
	Grains/Bread	2 slices or 2 servings
Lunch	Fluid Milk ¹	1 cup
	Meat or Meat Alternate	2 ounces
	Meat, Poultry, Fish, or Cheese, or Egg (large)	2 ounces
	Cooked Dry Beans, Peas, or Peanut Butter	1 egg
	Yogurt, plain or flavored	1/2 cup
	Vegetables and/or Fruit ²	4 tablespoons
	Grains/Bread	8 ounces or 1 cup
Supper	Fluid Milk	1 cup total
	Meat or Meat Alternate	2 ounces
	Vegetables and/or Fruit ²	2 slices or 2 servings
	Grains/Bread	2 slices or 2 servings
Snack <i>(choose 2 of 4 components)</i>	Fluid Milk	1 cup
	Vegetables or Fruit or Juice	1/2 cup
	Grains/Bread	1 slice or 1 serving
	Meat or Meat Alternate	1 ounce

¹Yogurt, 1 cup or 8 ounces of plain or flavored, may be substituted for fluid milk at breakfast and lunch. Yogurt may also be used as a substitute for meat/meat alternate at lunch and supper. However, yogurt may not be substituted for both milk and meat/meat alternate in the same meal (CACFP-633).

²Must serve at least two different varieties of vegetables and/or fruit at lunch and supper.

Offer Versus Serve Option for Adult Day Care:

Each adult day care shall offer its adult participants all of the required food components listed above. However, at the discretion of the adult day care center, adult participants may be permitted to decline:

- ✓ One of the four food items required at breakfast (1 milk, 1 fruit/vegetable, 2 bread).
- ✓ Two of the six food items required at lunch (1 milk, 2 fruit/vegetables, 1 meat/meat alternate, 2 bread).
- ✓ Two of the five food items required at supper (2 fruit/vegetables, 1 meat/meat alternate, 2 bread).

The price of a reimbursable meal shall not be affected if an adult participant declines a food item.

This institution is an equal opportunity provider.